

# NewsWIC

Fond du Lac County Health Department

Winter 2010

## Benefits of Breakfast

Not only does breakfast give you energy to start a new day, it is linked to many important health benefits.

### **Breakfast has been shown to:**

- Increase Energy Level
- Improve Mood
- Increase Attention Span
- Promote Good Behavior
- Improve Academic Performance
- Promotes Weight Loss



## Cereal

### **A Great Way to Start the Day!**

- Choose a cereal with 5 grams of sugar or less per serving.
- Use fresh fruit or raisins to add sweetness to your cereal.
- Add cereal to low fat yogurt for an added healthy crunch.

**FACT:** Some popular cereals can have up to 12 grams of sugar. That's about 3 teaspoons, or more, in one serving. Most people eat two or three servings at a time without even knowing it. This could mean you are eating 9 teaspoons of sugar in one meal!

## Pop-Tart Police

*Pop-Tarts* lead the list of high sugar breakfast items. With nearly 20 grams of sugar in 1 pastry, eating 2 pastries would provide you with almost 40 grams of sugar. That is nearly 10 teaspoons of sugar. Imagine eating 10 spoonfuls of sugar for breakfast every morning. Not the breakfast you had in mind?

Nutrition Facts		
Serving Size: 1 pastry (52g)		
Amount Per Serving		
Calories	203	Calories from Fat 46
% Daily Value*		
Total Fat	5.1 g	8%
Saturated Fat	0.9 g	4%
Trans Fat		
Cholesterol	0 mg	0%
Sodium	198.12 mg	8%
Potassium	59.8 mg	2%
Total Carbohydrate	37.57 g	13%
Dietary Fiber	0.52 g	2%
Sugars	18.41 g	
Sugar Alcohols		
Protein	2.29 g	
Vitamin A	500.24 IU	10%
Vitamin C	0 mg	0%
Calcium	11.96 mg	1%
Iron	1.82 mg	10%

## Banana-Raisin Cereal Muffins

### **Ingredients:**

- 2 cups Cheerios Cereal
- 1 ¼ cup all-purpose flour
- 1/3 cup packed brown sugar
- 2 ½ tsp baking powder
- 1 cup mashed ripe banana
- 1 cup raisins
- 2/3 cup milk
- 3 T vegetable oil
- 1 egg



1. Heat oven to 400 °F.
2. Crush cereal. In large bowl, stir together cereal, flour, brown sugar, and baking powder. Stir in remaining ingredients. Divide into muffin cups.
3. Bake 18 to 22 minutes or until golden.

\*Substitute Cheerios with any WIC cereal\*